

December Fun Facts

Flower: Narcissus or Poinsettia

Birthstone(s): Zircon, Tanzanite and Turquoise

Celebrity Birthdays: Richard Pryor, Bettie Midler, Charles Ringling, Jeff Bridges, Martin Van Buren, Walt Disney, Larry Bird, Sammy Davis Jr., Emily Dickinson, Dorthy Lamour, Frank Sinatra, Bob Barker, Patty Duke, Ty Cobb, Peggy Ashcraft

BFM Birthdays: Terry N. 12/6, Karen M. 12/25



Make it a December to remember!

Mark you calendars!

Resident Council and Food committee:

Thursday, Dec. 8 @ 10:30 am

Family Council Meeting:

Tuesday, Dec. 6 @ 6:00 pm

Euchre Club (*NEW*):

Every Tuesday @ 1:30pm
(Wabash Community Welcome!)

Monthly Birthday Party (Sponsored by Premier HHC):

Monday, Dec. 26

Branch Buddy Visits!

Friday, 12/9 & 12/23
Wabash Animal Shelter

Laugh Out Loud!...

The 3 stages of man:

He believes in Santa Claus.

He doesn't believe in Santa Claus.

He is Santa Claus...

Did you hear that one of Santa's reindeer now works for Proctor and Gambel?

It's true....Comet cleans sinks!

What do aliens say when they land in the North Pole?

Take me to your heater.

What do you get when you cross an archer with a gift-wraper?

Ribbon hood.

A quick happiness update...

"Mitch, you ask and you shall receive!" -Bickford Families. Thank you all so much for your participation in last months happiness texts! We had a record number of responses and some very good feedback that was shared with all of our BFM's. Our overall "Top Box" score did fall just a tad to 80%. Though 80% is **good**, we are all still pushing to achieve **GREATNESS**. I want to thank you all again for your continued support and feedback! As always, please let me know if you have any questions or concerns. **THANK YOU!**-Mitch Backs



Wabash HAPPENINGS

DECEMBER

December 2016

With Christmas and New Year's approaching, here are some tips that will help you make healthy food choices at your next holiday party!

1. Bring a healthy dish to ensure there is something to indulge in.
2. Fill up on 'good for you' foods, like a broth soup or veggies and fruit tray first.
3. Stand more than an arm's length away from the snack bowl to limit convenience of taking handfuls while chatting.

4. Concentrate on the food you are eating; make sure you chew thoroughly and enjoy the taste. Put down the fork while socializing.

5. Eat a good breakfast the day of the party (and every day) to help avoid overeating the rest of the day.

6. If you indulge in cocktails, alternate drinking water in between drinks, as holiday cocktails can be full of calories.

7. Pop a sugar free breath mint when you are full; a fresh mouth may help to curbe additional eating.

Enjoy the season! Merry Christmas and Happy New Year to you!!



Bickford
assisted living



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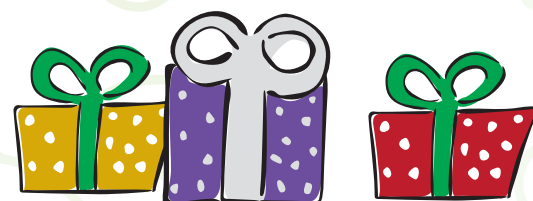
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December



10a Coffee Talk
10:30a Euchre
11:30a Exercise
3p Soft Music
3:30p Church Service
5:45p Drinks On The
Patio

4

9a Clip & Style
10a Coffee & Chat
10:30a Manicures
11:30a Exercise
1p Bingo
4p Finish The Phrase

5

10a Coffee Klatch
10:30a Balloon Bop
1:30p Euchre Club
4p Painting
6p Family Council
6:30p Wii Wheel Of
Fortune

6

10a Coffee & Cookies
10:30a Bible Study
11:30a Exercise
1p Spelling B
2p Matching Card
Game
4p The Wii Bowling

7

10a Coffee Talk
10:30a Resident
Council and Food
Committee
11:30a Exercise
1p Corn Hole
1:30p Target Shooting
4p Balloon Bop

8

Winter Festival
9a Pet Therapy
10a Tea Talk
10:30a Happy Feet
11:30a Exercise
1p Corn Hole
2p Hangman

9

10:30a Bingo
1p Chair Volleyball
4p Social Hour

10

10:30a Euchre
3p Soft Music
3:30p Church Service

11

9a Clip & Style
10a Coffee & Chat
10:30a Manicures
11:30a Exercise
1p Bingo
4p Finish The Phrase

12

10a Coffee Klatch
1:30p Euchre Club
4p Painting
6:30p Wii Wheel Of
Fortune

13

10a Coffee & Cookies
10:30a Bible Study
11:30a Exercise
1p Spelling B
2p Matching Card
Game
4p The Wii Bowling

14

10a Coffee Talk
1p Corn Hole
1:30p Target Shooting
4p Balloon Bop

15

10:30a Sing A Long
11a Trivia
11:30a Exercise
1p Corn Hole
2p Hangman

16

1p Party On The Porch
4p Social Hour

17

10:30a Euchre
3p Soft Music
3:30p Church Service

18

9a Clip & Style
10a Coffee & Chat
10:30a Manicures
11:30a Exercise
1p Bingo
4p Finish The Phrase

19

10a Coffee Klatch
1:30p Euchre Club
4p Painting
6:30p Wii Wheel Of
Fortune

20

10a Coffee & Cookies
10:30a Bible Study
11:30a Exercise
1p Spelling B
2p Matching Card
Game
4p The Wii Bowling

21

10a Coffee Talk
1p Corn Hole
1:30p Target Shooting
4p Balloon Bop

22

9a Pet Therapy
10:30a Happy Feet
11:30a Exercise
1p Corn Hole
2p Hangman

23

10:30a Bingo
1p Chair Volleyball
4p Social Hour

24

Christmas
10:30a Euchre
3p Soft Music
3:30p Church Service

25

9a Clip & Style
10a Coffee & Chat
11:30a Exercise
1p Bingo
4p Finish The Phrase

26

10a Coffee Klatch
1:30p Euchre Club
4p Painting
6:30p Wii Wheel Of
Fortune

27

10a Coffee & Cookies
10:30a Bible Study
11:30a Exercise
1p Spelling B
2pm Matching Card
Game
4p The Wii Bowling

28

10a Coffee Talk
1p Corn Hole
1:30p Target Shooting
4p Balloon Bop

29

10:30a Sing A Long
11a Trivia
11:30a Exercise
1p Corn Hole
2p Hangman

30

1p Party On The Porch
4p Social Hour

31